

# Rising Heat Indices For the Next Couple of Days...



## OVERVIEW

- Hot and humid conditions will combine to produce maximum heat index values ranging from the mid 90s to around 100 Wednesday and Thursday.



### Excessive Heat

Heat Advisory



Graphic Created  
July 19th, 2022  
4:37 AM EDT

### HAZARDS & IMPACTS

**Heat** – Max heat indices of 95 to around 100 are **likely** Wednesday and Thursday between noon and 8 pm both days for the entire area. Low temperatures will range mostly 75-80, which will not allow for much cooling off at night. Some relief is possible on Friday.

**Impacts** – There is an increased risk of heat-related illness for vulnerable populations with this event.

### NWS ALERTS

- A Heat Advisory** is in effect for Wednesday. The heat advisory will probably need to be extended into Thursday as well.

### NEXT BRIEFING

- By 6am Wednesday, unless there are significant changes.

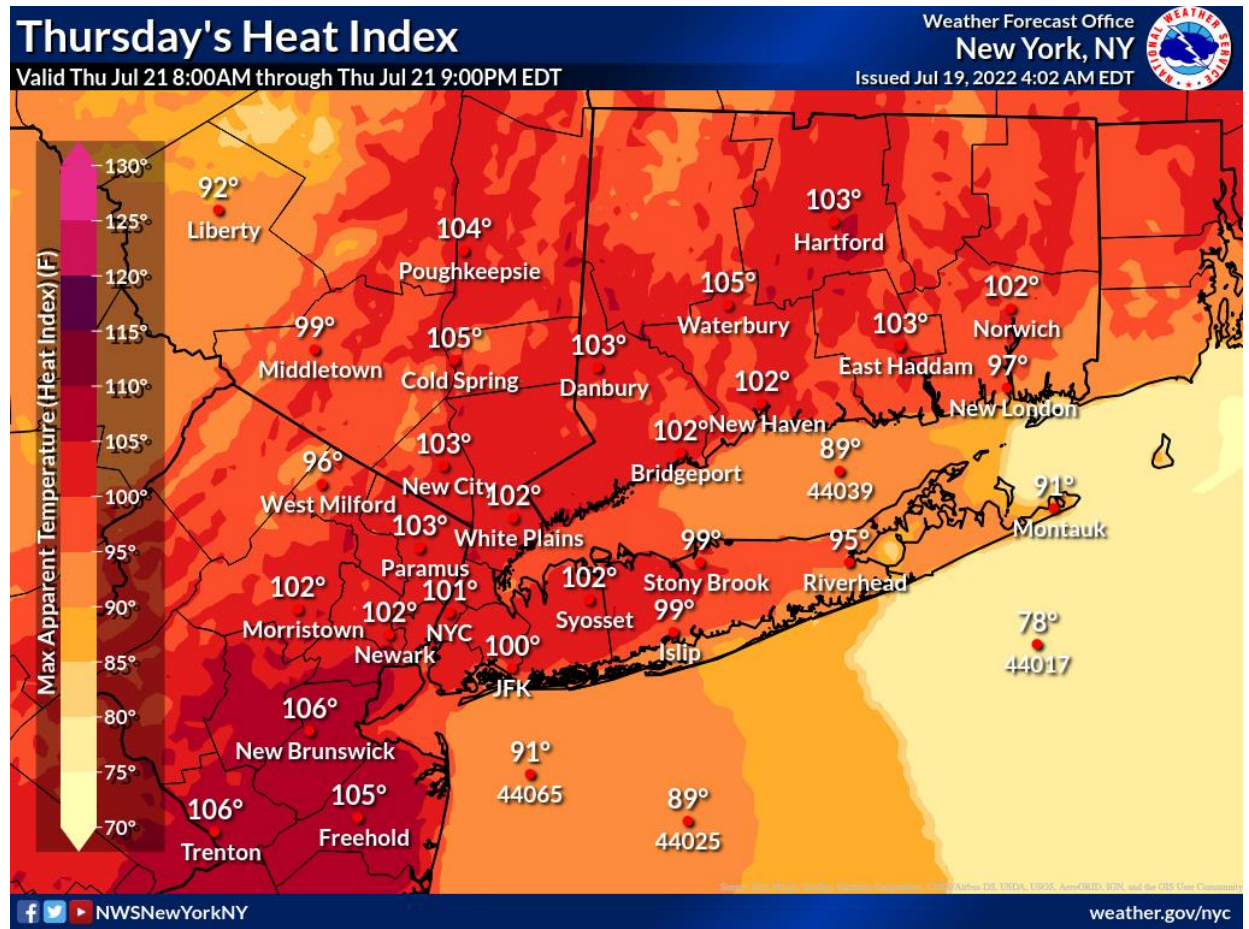
New York, NY  
WEATHER FORECAST OFFICE



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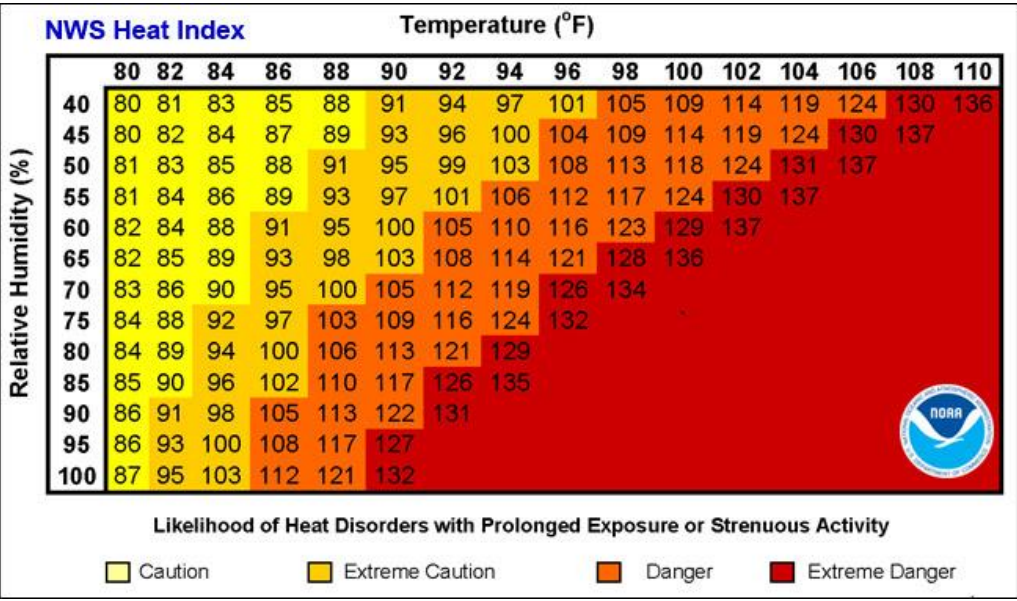




# NWS Heat Index and Effects...



The heat index is a measure of how hot it really feels when relative humidity is factored in with air temperature. You can use this chart to find the heat index yourself. For more information on Heat Safety, please go to:  
<https://www.weather.gov/safety/heat>



Classification	Heat Index	Effect on the body
Caution	80°F - 90°F	Fatigue possible with prolonged exposure and/or physical activity
Extreme Caution	90°F - 103°F	Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity
Danger	103°F - 124°F	Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity
Extreme Danger	125°F or higher	Heat stroke highly likely



# Heat Impacts: *Vulnerable Populations*



**PREGNANT**



**NEWBORNS**



**CHILDREN**



**ELDERLY**



**CHRONIC ILLNESS**

Everyone is at risk from the dangers of extreme heat, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.



NEVER leave anyone alone in a closed car



Drink plenty of water, even if not thirsty



Use air conditioners and stay in the shade



Wear loose-fitting, light-colored clothing

weather.gov



[https://www.weather.gov/wrn/heat\\_infographics](https://www.weather.gov/wrn/heat_infographics)



# Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable.  
Protect yourself and others from the  
impacts of heat waves.



[weather.gov/heat](https://www.weather.gov/heat)



## Job Sites

Stay hydrated and  
take breaks in the shade  
as often as possible



## Indoors

Check up on the  
elderly, sick and those  
without AC



## Vehicles

Never leave kids or  
pets unattended -  
LOOK before you LOCK



## Outdoors

Limit strenuous outdoor  
activities, find shade,  
and stay hydrated

[https://www.weather.gov/wrn/heat\\_infographics](https://www.weather.gov/wrn/heat_infographics)